

SESSION STRUCTURE

PART D: EFFECTIVE USE OF AUTHORITY

☐ Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

☐ Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part C of the workbook
- Review the most recent assignment where caregiver put in place the five-step process of applying consequences and keep track of how well it worked

☐ Intervention

Goals

- Learn how to use parental authority effectively when necessary

Activities

- Learn and practice the three-step process for using parental authority

☐ Assignment

Goals

- Use effective parental authority techniques

Activity

- Give assignment to put the three-step process of parental authority in practice

DURATION

20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute